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## The seal of the United States Department of Agriculture is circular. It features a central shield with a plow, a sheaf of wheat, and a bundle of cotton. The shield is surrounded by a wreath. The outer ring of the seal contains the text "UNITED STATES DEPARTMENT OF AGRICULTURE" at the top and "DEPARTMENT OF AGRICULTURE" at the bottom. The year "1889" is inscribed on the left side of the shield.

RELEASE FOR PUBLICATION  
JULY 3, 1931 (FRIDAY)

## by

the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

Every meal--Milk for children, bread for all.  
Every day---Cereal in porridge or pudding.  
Potatoes.  
Tomatoes (or oranges) for children.  
A green or yellow vegetable.  
A fruit or additional vegetable.  
Milk for all.  
Two to four times a week --  
Tomatoes for all.  
Dried beans and peas or peanuts.  
Eggs (especially for children).  
Lean meat, fish or poultry, or cheese.

Hot weather meal planning includes not only a wise selection of foods, but also a time schedule that arranges the cooking so that it is not necessary to spend so much time in an overheated kitchen. A succession of cold meals are likely to lose their appeal, so the Bureau of Home Economics, U. S. Department of Agriculture, suggests alternating them with hot meals that will provide cold



servings.

The delicate flavor of lamb makes it a favorite hot weather meat and its present low cost brings it within reach of all pocketbooks. Breast of lamb can be bought for about 12 cents a pound throughout the country and shoulder averages about 20 cents a pound. Either cut can be stuffed and served cold but the shoulder makes a much more satisfactory cold dish.

New peas or some other fresh green vegetable make an easy-to-cook and refreshing vegetable for a hot day. Rice is a pleasant variation from potatoes, but make a gravy from the lamb drippings for many Occidentals do not relish rice unless it is served with a sauce or plenty of butter. In low cost meals it is obvious that gravy is more economical than butter. It also carries with it some of the nutriment of the meat. Cook enough rice to serve next day with scalloped tomatoes, cold meat, green lettuce salad, and diced pineapple.

Fresh pineapple is inexpensive just now, costing about ten cents apiece, which makes it available for the low cost meal. Cut it in small pieces and serve it with other fruits in a fruit cup or sliced and eaten alone, with or without sugar, depending on individual taste and the ripeness of the fruit. It makes a good dessert to follow the stuffed shoulder of lamb. Since our family this week is composed of two adults and one child, a three year old, there will be plenty left over for another meal. The three year old, by the way, may have everything in this dinner, including the pineapple, but in smaller amounts, the bureau's child-feeding expert says.

The supper of egg salad and muffins will not require any cooking. Make enough muffins at breakfast so there will be some left for toasting or warming over. The eggs should be cooked while the meat is roasting. And while we are on the subject of eggs the bureau warns against overcooking them, which toughens





the whites. The bureau prefers the name, "hard cocked eggs" to "hard boiled," since it advises simmering, not boiling, for both soft and hard cooked eggs.

The cost of filling this market basket for one week for a family of three averages \$4.92 from figures gathered in thirteen different cities throughout the country. The average priced store was used for this study rather than a more expensive source. Following are the cities and the prices according to this classification: Chicago, \$4.61; New Orleans, \$4.61; St. Louis, \$4.71; Detroit, \$4.80; Dallas, \$4.81; Pittsburgh, \$4.83; Boston, \$4.90; Kansas City, \$4.93; Charlotte, \$5.01; Philadelphia, \$5.09; Atlanta, \$5.20; New York, \$5.46.

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# A FAMILY OF THREE

including

two adults and 1 child should buy every week:

Bread.....	10 - 15 lbs.
Flour.....	1 - 2 lbs.
Cereal.....	3 - 4 lbs.
Whole fresh milk.....	9 - 14 qts.
or	tall
Canned evaporated milk.....	9 - 14 cans
Potatoes.....	8 - 10 lbs.
Dried beans, peas, peanut butter.....	1 - 2 lbs.
Tomatoes, fresh or canned, or citrus fruits.....	4 lbs.
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	12 - 14 lbs.
Fats, such as lard, salt pork, bacon, margarin, butter, etc.....	2 lbs.
Sugar and molasses.....	2½ lbs.
Lean meat, fish, cheese, eggs.....	3 - 5 lbs.
Eggs (for child).....	3

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## MENU FOR ONE DAY

## Breakfast

Fresh fruit  
Cooked cereal with milk  
Cornmeal muffins  
Coffee                      Milk (child)

Dinner

Stuffed Shoulder of Lamb  
New Peas or other Green Vegetable  
Rice with Gravy                      Sliced Pineapple  
Tea

Supper

Egg Salad  
Toasted cornmeal muffins  
Milk for all

\* \* \* \* \*

## RECIPES

(These recipes serve 5 persons)

## CORN MEAL MUFFINS

2 cups corn meal	2 teaspoons salt
1/2 teaspoon soda	2 cups sour milk
2 teaspoons baking powder	2 eggs
2 tablespoons melted fat	

Sift the dry ingredients and add the milk. Add the well-beaten eggs and the fat. Pour into very hot well buttered muffin pans. Bake from 25 to 30 minutes in a hot oven (400° to 425° F).



## ROAST STUFFED SHOULDER OF LAMB

Select a shoulder of lamb weighing from 3 to 4 pounds. Have the butcher remove all the bones and the fell. Save the bones for making soup. A lamb shoulder may be stuffed and either left flat or rolled. The flat shoulder is easier to sew up than the rolled, and the pocket holds twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile the hot stuffing in lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. If the shoulder has only a very thin covering of fat, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (480° F.). If bacon is laid over the roast, shorten the time of searing so as to avoid overbrowning. Reduce the temperature of the oven to 300° F. and cook the meat at this temperature until tender. From two and one-half to three hours will be required to cook a medium-sized stuffed shoulder at these oven temperatures. Serve hot, with brown gravy.

### Forcemeat Stuffing

2 cups fine dry bread crumbs	1/8 teaspoon celery seed
2 tablespoons butter or other fat	1/4 teaspoon savory seasoning
1/4 cup chopped celery	1 teaspoon salt
1 tablespoon chopped onion	1/8 teaspoon pepper
1 sprig parsley, cut fine	

Melt the butter in a skillet, add the celery and onion, and cook for two or three minutes. Add the bread crumbs and seasonings and stir until well mixed.

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## INFORMATION FOR THE PRESS



# U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JULY 10, 1931 (FRIDAY)

### THE MARKET BASKET

by

the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

### FAMILY FOOD GUIDE

:	:
:	Every meal--Milk for children, bread for all.
:	Every day---Cereal in porridge or pudding.
:	Potatoes.
:	Tomatoes (or oranges) for children.
:	A green or yellow vegetable.
:	A fruit or additional vegetable.
:	Milk for all.
:	Two to four times a week--
:	Tomatoes for all.
:	Dried beans and peas or peanuts.
:	Eggs (especially for children).
:	Lean meat, fish or poultry, or cheese.
:	:

\* \* \* \* \*

A new dress for the old American standby, lamb stew, and a jellied dress at that, is a hot weather prescription the Bureau of Home Economics, U. S. Department of Agriculture, offers to all homemakers/<sup>anxious</sup> for an inexpensive dish that is easy to prepare in hot weather. Jellied lamb and jellied beef stew may sound a little radical to some persons, but if soup can be jellied, why not stew, the bureau asks. The new dishes combine economy, nutrition, and time saving, with the fact that they are more appropriate for July days than hot stews.



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The taste for an attractive galantine or jellied salad is not necessarily coincident with plenty of money for the food budget. If it were, it would be simple to satisfy the longing, for the markets of the world are at one's disposal with all sorts of attractive offerings. When the budget is limited, the task becomes much more difficult, since the least expensive and satisfying dishes are usually hot concoctions, like stews and thick soups.

In keeping with the food guide outlined for families with limited incomes, the bureau recently developed a series of six attractive one-dish meals that can be jellied. The ingredients are all inexpensive and the dishes are easy to prepare.

Eggs, fish, rice, spaghetti, vegetables, and stewing meat are used in quantities sufficient to serve five persons very generously, so little additional food need be served. The salads are an excellent medium for utilizing left over vegetables. Fish, other than halibut, may be used in the fish salad. Halibut was chosen because it is usually available throughout the country. Small whole fish may be substituted for the steak variety, but small fish must be thoroughly boned after cooking, usually a rather tedious task. Canned fish may also serve as a basis for a salad, but the canned form requires a little different treatment from fresh fish. It should be drained, flaked and boned and added to the salad as any other cold ingredient. The gelatin should have an acid base as in the fresh fish salad.

The low cost of these delicious jellied dishes is one of their most attractive features; they range from only 30 cents to 61 cents for five generous servings. The only additional expense necessary to make up the meal for the dinner menu suggested to-day is lettuce or finely shredded cabbage, a tart salad dressing, bread and butter and iced cocoa. The bureau suggests that the ice be removed from the cocoa for very young children, who, as a special treat, are drinking cocoa, which is usually denied them.

Since potatoes are not especially palatable in jellied form they were excluded. The lamb dish has cooked rice in it, however, which not only adds to the food value



But is most attractive suspended in the gelatin. Cooked spaghetti was used successfully in two of the combinations, one made with vegetables and the other with canned consomme. Any canned meat broth can be used as a foundation for a jellied dish, a fact that is well to remember for unexpected occasions when fresh meat is not available.

Almost any vegetable can be introduced into these jellied combinations providing it is not watery like squash. With spinach, be careful not to overcook it; it should be comparatively firm and not mushy. Allow spinach to cool and then chop it. Used this way spinach makes a colorful as well as nutritious addition to the salad. Raw cabbage gives crispness and moderates the extreme smoothness which many persons find objectionable in jellied dishes.

It is best to prepare these jellied dishes the day before-- or early in the morning, if they are to be served at the evening meal. A plain gelatin will set much faster than any of these, which are chock-full of meat, vegetables or fish. If they are put away to set in a dish with straight sides, the salad will slip out of the molds easily. Be sure to turn them out on a dish that has been rinsed in cold water and not dried. In case the salad does not come out exactly in the center of the plate, it is easy to slide it into place on the wet surface of the dish.

With the various ingredients, all sorts of interesting patterns can be made in the mold, but this takes time which you may not wish to spend on any one meal. If you do decide to take time for decorative effects, the gelatin must be partly set before you lay out the pattern, and then only one layer can be added at a time, allowing each to set a trifle before beginning on the next.

Each of these jellied combinations was considered from the standpoint of making an attractive dish as well as for its nutritive value. Children old enough to have solid food may eat any one of the salads, the bureau says. Recipes for all of these jellied dishes may be had free of charge by sending your request to the Bureau of Home Economics, Washington, D. C.







The cost of filling a week's market basket for a family of five, on the basis of the low-cost food guide developed by the bureau, averages \$7.60. This estimate was determined from a study of food costs in 12 cities, buying at the average, rather than at the more expensive type stores. New Orleans was low with a figure of \$7.24, and New York City was a dollar more. Much of the difference in price was due to the variation in selling practices; some articles can be bought in bulk in certain cities while in others only packaged foods are handled— which fact usually adds to the expense per pound. Following are the cities listed according to the rate of expense for filling the market basket: New Orleans, \$7.24; Dallas, \$7.26; Chicago, \$7.31; St. Louis, \$7.40; Washington, D.C., \$7.43; Detroit, \$7.47; Philadelphia, \$7.58; Pittsburgh, \$7.61; Kansas City, \$7.68; Charlotte, \$7.86; Boston, \$8.03; New York City, \$8.24.

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# A FAMILY OF FIVE

including

father, mother, and three children should buy every week:

Bread . . . . .	12 - 16 pounds
Flour . . . . .	1 - 2 pounds
Cereal . . . . .	4 - 6 pounds
Whole fresh milk . . . . .	23 - 28 quarts
or	(tall
Canned unsweetened milk . . . . .	23 - 28 cans
Potatoes . . . . .	15 - 20 pounds
Dried beans, peas, peanut butter . . . . .	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit . . . . .	6 pounds
Other vegetables (including some of green or yellow color), and inexpensive fruits . . . . .	15 - 18 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc. . . . .	2½ pounds
Sugar and molasses . . . . .	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound) . . . . .	5 - 7 pounds
Eggs (for children) . . . . .	8 eggs
Coffee . . . . .	1 pound
Tea . . . . .	¼ pound

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## MENU

### Breakfast

Cooked cereal with apricots  
Coffee (adults)      Milk (children)

### Dinner

Lamb and Vegetables in Aspic  
Lettuce                      Salad Dressing  
Iced Cocoa



### Supper

Black Bean Soup - lemon  
Toasted Whole Wheat Bread  
Berry Pie  
Tea (adults)                      Milk (children)

### LAMB & VEGETABLES IN ASPIC

2 pounds breast of lamb	1 cup cooked chopped spinach
3 pints water	1 cup cooked diced carrots
2-1/2 teaspoons salt	1 cup lean chopped lamb
3 tablespoons gelatin	2 tablespoons lemon juice
1/2 cup cold water	1 teaspoon onion pulp
1 cup cooked flaky rice	

Wipe the meat well, put in a saucepan, add the 3 pints of cold water, partly cover and simmer until the meat is tender. Remove the meat, add sufficient hot water to the broth to make 1 quart. Add the salt. Allow this to cool, and remove the fat. Soften the gelatin in the 1/2 cup of cold water for 5 minutes. Reheat the broth, pour over the gelatin and stir until the gelatin has dissolved. When the gelatin mixture has partly set add the vegetables, meat, lemon juice and onion pulp. Stir until well mixed and pour the mixture into a wet mold and put in a cold place until set. Turn out on crisp lettuce leaves and serve with salad dressing.

### JELLIED VEGETABLE SALAD

3 tablespoons gelatin	1-1/2 cups cooked peas
1/2 cup cold water	2 cups shredded raw cabbage
1 quart can tomatoes	1 cup cooked spaghetti
2 teaspoons salt	(broken into small pieces)

Soften the gelatin in the 1/2 cup of cold water for 5 minutes. Add the salt to the tomatoes and heat to the boiling point and then press through a fine sieve to remove the seeds. Pour the hot tomato pulp and juice over the gelatin and stir until the gelatin has dissolved. When the gelatin mixture is partly set add the vegetables. Stir until well mixed. Pour the mixture into a wet mold and put in a cold place until set. Turn out on crisp lettuce leaves and serve with salad dressing.

### JELLIED FISH SALAD

1 pound halibut	1-3/4 cups diced skinned tomatoes
1 quart water	2 cups shredded raw cabbage
3 teaspoons salt	6 tablespoons lemon juice
Pepper	
3 tablespoons gelatin	
1/2 cup cold water	

Simmer the fish in the quart of water with a bay leaf for about 10 minutes, or until tender. Drain and to the liquid add enough hot water to make 1 quart. Add the salt and pepper. Remove the skin and bones from the halibut and cut into even pieces. Soften the gelatin in the 1/2 cup of cold water for five minutes and pour over it the hot fish stock and stir until the gelatin has dissolved. When the gelatin mixture has partly set add the fish, vegetables, and lemon juice. Stir until well mixed. Pour the mixture into a wet mold and put in a cold place until set. Turn out on crisp lettuce leaves and serve with salad dressing.





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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
JULY 17, 1931 (FRIDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

### FAMILY FOOD GUIDE

:	:
: Every meal--Milk for children, bread for all.	:
: Every day---Cereal in porridge or pudding.	:
: Potatoes.	:
: Tomatoes (or oranges) for children.	:
: A green or yellow vegetable.	:
: A fruit or additional vegetable.	:
: Milk for all.	:
: Two to four times a week--	:
: Tomatoes for all.	:
: Dried beans and peas or peanuts.	:
: Eggs (especially for children).	:
: Lean meat, fish or poultry, or cheese.	:
* * * * *	

Hot weather isn't particularly conducive to inspiration or invention, particularly in cooking which always has to be done where there is a fire-- a process of literally carrying coals to Newcastle, and hot ones in the bargain. There comes a time in every cook's life when she has tried all the dishes ever thought of and when there seems to be nothing new under the sun. At such a time the Bureau of Home Economics, U. S. Department of Agriculture, suggests an excursion into the cookery lore of other countries. The Orient, the Scandinavian countries, Europe and Asia-- all have interesting national dishes that are delightfully new to the average





American palate.

At first glance-- or taste-- the ingredients may seem as foreign as the name by which the dish is known, but a closer inspection usually reveals familiar meat and vegetable standbys. If strange ones are included, there are usually similar products on the home markets. The clever cook knows when to substitute. Most of the differences in the dishes of other lands result from seasonings and tricks of cookery. Native dishes are inexpensive, as a rule, and easy to make. The recipes of the Armenians and Turks are especially good examples. Their casserole of lamb with egg plant and leeks could be duplicated any place in this country without difficulty. Yet its taste is distinctive.

When the onion has no place in one of these national family dishes, there is usually a hint of garlic, a dash of cayenne pepper, or a pinch of unexpected sugar which accounts for the subtle and foreign flavor. Naturally this does not refer to the costly and delicious concoctions achieved by chefs in world renowned restaurants. Great chefs devise dishes complicated in preparation and content. Such cooking demands trained and experienced hands and heads.

The Danish people frequently boil several vegetables together in the same pot, but they-- like the cooks of other nations-- caution against overcooking. They suggest boiling until "just tender," so the vegetables will be firm as when they grow in the garden. The Orientals offer this same gentle reminder, and they also caution against covering the green vegetables while they are cooking to prevent the color from changing.

As one goes southward the cooking seems to get richer. Southern Europe usually prefers more sweets and spices than do the northern countries. The Spanish, for instance, prefer their meats cooked with spices and sweets. Consequently our Southern hams and those served south of the Pyrenees are similar.

Sour cream can not usually be included in a discussion of low cost foods, but frequently it is a home produced food for persons in the country. In that case it

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could be added to dishes after the manner of the Russians, French and Basques who use it with soups and with fruits, and as a spread for hot cakes.

Many native dishes of foreign lands, however, call for the use of the oven. So, for a hot weather suggestion, we have gone to the Orient for a dish which is not, in fact, native to China, though most of its ingredients are to be found in true Chinese dishes. It has one decided hot weather advantage-- it can be cooked entirely on top of the stove. And even with the Occidental substitutions it has the tang of Oriental cookery, and is prepared according to the method invented by the Emperor Pow Hay Se about the year 3000 B.C.

Confucius is perhaps best known for his philosophical teachings but he left the Chinese another heritage in scientific principles of diet which they follow to this day. Confucius said that there should be about one third as much meat as vegetables served at a meal, and a glance through a Chinese cookbook shows how closely they adhere to this rule.

Chop suey was first made in this country, but the principles of Chinese cookery are the same. From its name it means simply a variety of small pieces. Most chop sueys contain water chestnuts. These are not only difficult to find in some American markets, but are rather expensive, so the bureau recommends Jerusalem artichokes or radishes in their stead. Bamboo shoots are another of the usual ingredients that are expensive and not available everywhere, so the bureau suggests the substitution of bean sprouts or celery. Bean sprouts can be prepared at home from any variety of dried beans. Directions for sprouting beans may be had upon request to the bureau.

The recipe given to-day is for pork chop suey. The Chinese also use lamb, chicken, duck, and shellfish for this dish, varying the accompanying ingredients somewhat in each case.

The cost of filling a week's market basket for a family of seven, on the basis of the low-cost food guide developed by the bureau, averaged \$10.43. This







estimate was determined from a study of food costs in 12 cities, buying at the average rather than at the more expensive type stores. Following are the cities listed according to the rate of expense for filling the market basket for seven: Los Angeles, \$9.51; New Orleans, \$9.99; St. Louis, \$10.02; Washington, D.C., \$10.11; Pittsburgh, \$10.11; Kansas City, \$10.33; Chicago, \$10.36; Boston, \$10.39; Detroit, \$10.41; Philadelphia, \$10.47; Dallas, \$10.68; Charlotte, \$10.75; New York, \$11.29; Atlanta, \$11.53.

\* \* \* \* \*

A FAMILY OF SEVEN

including

father, mother, and five children should buy each week:

Bread . . . . .	16 - 22 pounds
Flour . . . . .	3 - 4 pounds
Cereal . . . . .	6 - 8 pounds
Whole fresh milk . . . . .	30 - 42 quarts
or	
Canned evaporated milk . . . . .	30 - 42 tall cans
Potatoes . . . . .	20 - 30 pounds
Dried beans, peas, peanut butter . . . . .	1 - 3 pounds
Tomatoes, fresh or canned, or citrus fruits . . . . .	9 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	20 - 25 pounds
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . .	4 pounds
Sugar and molasses . . . . .	5 pounds
Lean meat, fish, cheese, eggs (8 eggs approximates 1 pound) . . .	7 - 10 pounds
Eggs (for children) . . . . .	8 eggs
Coffee . . . . .	1 pound
Tea . . . . .	$\frac{1}{4}$ pound

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MENU FOR ONE DAY

Breakfast

Fruit

Cooked Cereal

Milk

Coffee (adults)

Milk (children)

Dinner

Pork Chop Suey with Rice

Tea

Cookies

Supper

Raw fried or cottage fried potatoes

Buttered yellow squash

Milk for all

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## RECIPES

### Pork Chop Suey

1½ to 2 cups shredded cooked lean pork	2 cups meat broth or thin gravy
2 tablespoons fat	1 teaspoon cornstarch
1 green pepper, shredded	1 tablespoon cold water
2 cups shredded onion	2 cups sliced raw Jerusalem
2 cups shredded celery	artichokes or radishes
Salt to taste	4 tablespoons soy sauce

Brown the meat lightly in half the fat and remove from the skillet. Cook the pepper and onion in the rest of the fat a few minutes. Add the celery, meat, salt, broth or gravy, cover, and simmer for five minutes. Mix the cornstarch and water until smooth, stir into the mixture, and cook for a few minutes longer. Add the artichokes or radishes, or substitute for them 1 cup of sliced peanuts. Add soy sauce in sufficient quantities to give the desired flavor and then salt to taste. Serve with hot flaky rice. (This recipe serves 5 persons).

### Boiled Rice

1 cup rice	2 quarts boiling water
2 teaspoons salt	

Look the rice over to remove any foreign materials, wash in hot water and drain. Add to the rapidly boiling, salted water gradually. When all has been added reduce the heat to maintain gentle boiling, and cook with the utensil uncovered until the rice grains are tender (until no hard center is felt when a grain is pressed between the thumb and finger). Drain at once, and rinse by pouring hot water through the rice on a colander or sieve to remove loose starch and separate the grains. Drain. The rice should be well cooked with the grains whole and free from stickiness.

Brown rice is cooked in the same manner as white rice except that after boiling gently about 30 minutes, it is covered and allowed to simmer until the rice is cooked through and the water is absorbed.

Reheat rice for serving by steaming it in a colander or sieve over boiling water, steaming only long enough to heat through. Rice for two day's servings can be boiled at one time and reheated easily when needed. Left-over rice combined with other food materials makes a variety of appetizing dishes.

Serve boiled rice instead of a starchy vegetable with butter or meat gravy, with creamed meats, curries, or chop suey.

A softer, more moist product may be obtained by cooking rice in a double boiler, fireless cooker, or waterless cooker, using about two volumes of water to one of rice. Rice so prepared is desirable for croquettes, patties, rice ring, and any dishes in which the rice grains are to be held together.

One cup of uncooked rice yields about  $3\frac{1}{3}$  cups boiled rice.

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RELEASE FOR PUBLICATION  
JULY 24, 1931 (FRIDAY)

## THE MARKET BASKET

the Bureau of Home Economics,  
U. S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

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:	:
: Every meal--	Milk for children, bread for all.
: Every day---	Cereal in porridge or pudding.
:	Potatoes.
:	Tomatoes (or oranges) for children.
:	A green or yellow vegetable.
:	A fruit or additional vegetable.
:	Milk for all.
: Two to four times a week--	.
:	Tomatoes for all.
:	Dried beans and peas or peanuts.
:	Eggs (especially for children).
:	Lean meat, fish or poultry, or cheese.

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For variety, why not follow the culinary customs of people living in tropical countries and serve some Indian curry to your family? It is one of the most popular dishes of the Far East. It is hot and spicy, easy to prepare, and inexpensive, according to Fanny W. Yeatman, food preparation specialist of the Bureau of Home Economics of the U. S. Department of Agriculture. In the



bureau's experimental laboratory. Mrs. Yeatman has tested several curries that are adaptable to American cookery, and recipes are available to the public on request.

Most persons associate curry with East India, but in reality it belongs to all Oriental tropical countries. Although its seasoning may vary somewhat with the country, curry is primarily a hot dish and as such acts as a stimulant for flagging appetites. Lack of appetite is a frequent accompaniment of hot weather even in our comparatively brief summer period, a situation which is intensified many times over in the torrid zone. The tropical school of cooking, which has developed through centuries of experience with high temperatures naturally aims to offset the effects of the weather. Consequently we might do well to take a hint from them and serve some of their special dishes in July and August.

Curries, which can be made of vegetables alone or of meat and vegetables, are good ways of using left-over meat as well as inexpensive fresh cuts of meat, according to Mrs. Yeatman. This should be welcome news to persons who are budgeting their food costs. The heel or the round of beef or the breast or neck of lamb will make as good a curry as one of the more expensive cuts, she declares. Fresh or cooked pork makes delicious curries, especially if combined with tart apples or green tomatoes.

Egg, chicken and fowl can also be used for making appetizing curries, but unless these are home grown products they, with the exception of eggs, are out of the low cost group. Inexpensive fish, fresh or canned, can also be used for curry.

Curry is an old dish even in the Orient. To curry is an ancient method of preparing meat and vegetables. In India it has been in existence since Vedic times, which means that it was cooked there 1500 years before Christ.

The curry powder itself, from which the dish takes its name, can be bought ready prepared in this country for about 40 cents a bottle. This should last an average family many months. In India, curry is mixed daily from the various spices that give it its very distinctive flavor. Each Indian cook house has, as part of





its equipment, a smooth flat stone and small stone roller, on which the spices are crushed and ground as needed. Some of the ingredients for curry powder are old familiar standbys to American kitchens, such as onion, garlic, and black pepper-corns. But green ginger, tumeric, caraway seeds, dried hot chillis or peppers and coriander seeds and leaves are less frequent on our pantry shelves.

In addition to the onion that is used as a spice, one or two more are added to the curry during the cooking process, Mrs. Yeatman points out. This onion is cooked until perfectly soft so that its pulp makes the gravy thick. And being very thoroughly cooked, the onion is usually palatable even to those persons who ordinarily dislike its flavor.

As a general rule, curry is served with rice cooked so that each grain is separate. In India a chutney often accompanies curry. Mangos are the basis of the true chutney, but since they can not be found in our markets, the bureau has developed some recipes that substitute chopped apples. One of these follows: If chutney is not available, Mrs. Yeatman suggests a tart dessert of fruit, either fresh or in a pie.

The cost of filling a week's market basket for a family of ten, on the basis of the low-cost food guide developed by the bureau, averaged \$14.86. This survey was made in 13 representative cities throughout the country. The prices were gathered from the average rather than the expensive type stores. Following are the cities listed according to the rate of expense for filling the market basket for ten: Kansas City, \$13.95; Chicago, \$14.00; St. Louis, \$14.10; New Orleans, \$14.18; Pittsburgh, \$14.38; Washington, D.C., \$14.42; Boston, \$14.66; Dallas, \$15.12; Philadelphia, \$15.19; Detroit, \$15.56; Charlotte, \$15.66; New York, \$15.68; Atlanta, \$16.25.

\* \* \* \* \*

A FAMILY OF TEN

including

three adults and seven children should buy every week:

Bread . . . . .	25 - 35 pounds
Flour . . . . .	3 - 5 pounds
Cereal . . . . .	10 - 12 pounds



Whole fresh milk . . . . .	43 - 56 quarts
or	
Canned evaporated milk . . . . .	43 - 56 tall cans
Potatoes . . . . .	30 - 40 pounds
Dried beans, peas, peanut butter . . . . .	2 - 5 pounds
Tomatoes, fresh or canned, or citrus fruits . . . . .	12 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	30 - 40 pounds
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	6 pounds
Sugar and molasses . . . . .	7 pounds
Lean meat, fish, cheese, eggs . . . . .	10 - 14 pounds
Eggs (for children) . . . . .	8 eggs

\* \* \* \* \*

### MENU FOR ONE DAY

#### Breakfast

Cooked cereal                      Milk  
Coffee (adults)                  Milk (children)

#### Dinner

Vegetable Curry  
Green Apple Pie  
Milk (everybody)

#### Supper

Tomato Rabbit on Toast  
Baked Potato  
Tea                      -                      Milk

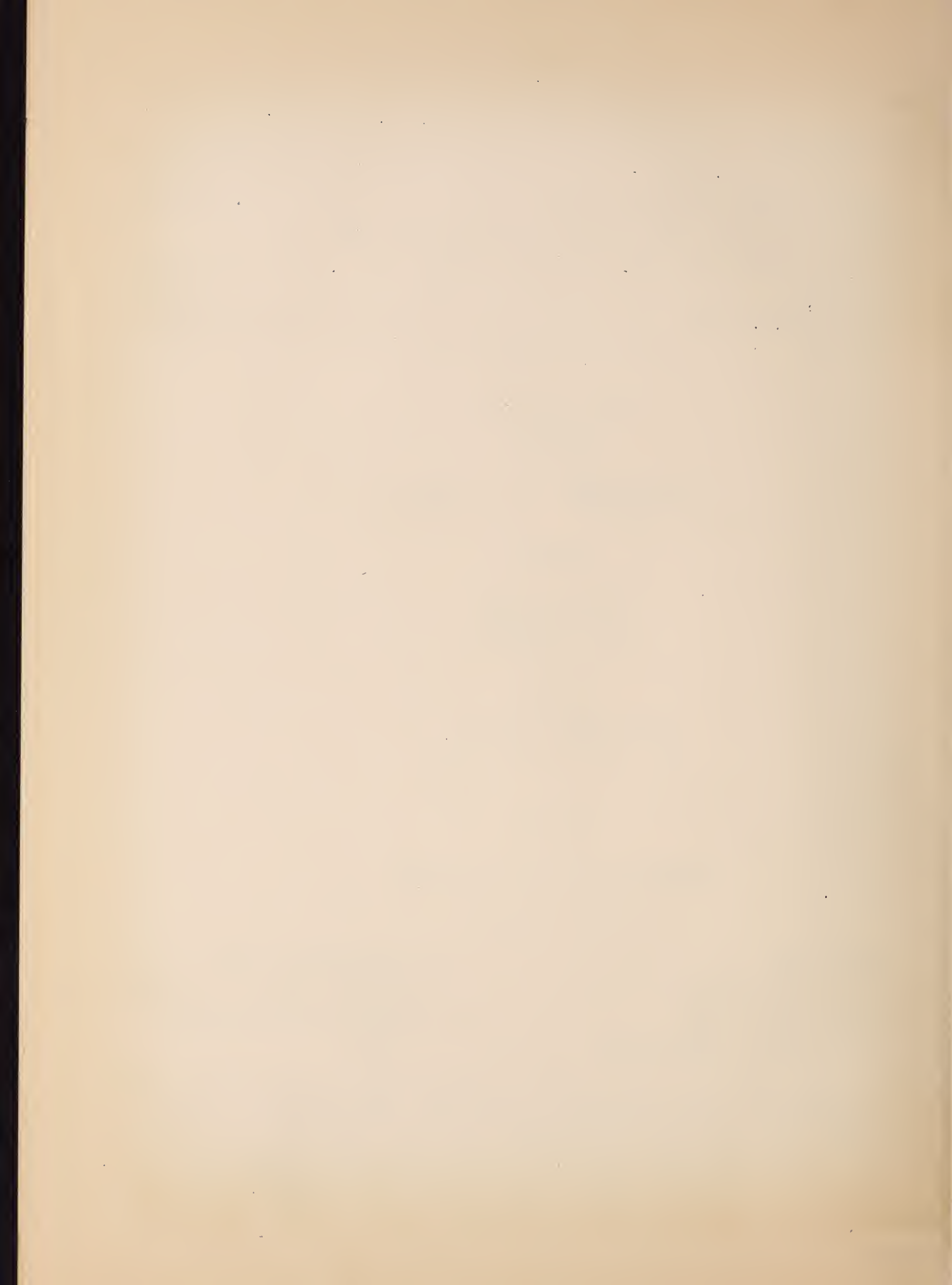
### RECIPES

(These recipes serve 5 persons)

#### Vegetable Curry

$\frac{1}{2}$ cup rice	4 tablespoons butter
1 cup diced onion	$\frac{1}{8}$ teaspoon salt, or to season
1 cup diced carrots	$\frac{1}{4}$ teaspoon curry
1 cup diced celery	2 teaspoons Worcestershire
1 cup fresh or canned peas	Sauce

Wash and cook the rice in three pints of gently boiling salted water. Drain and put in a colander and pour hot water over the rice. Then stand the colander over steam until the grains swell and separate. Cook the vegetables in a small quantity of water and just before removing from the stove add 1 cup of canned peas. If fresh peas are available, cook them with the other vegetables. Add the salt, curry and sauce to the vegetable liquor. Make a ring of the cooked rice, placing the vegetables in the center, and pour over them the liquid mixture. Serve very hot.





### Green Apple Pie

6 to 8 green apples  
1 cup sugar  
 $\frac{1}{4}$  teaspoon cinnamon

$\frac{1}{4}$  teaspoon salt  
2 tablespoons butter  
Pastry

Pare, core and slice the apples. Place in a saucepan with a very small quantity of water. Cook with a cover until the apples are partly tender. Add the sugar, cinnamon, salt and butter and stir until blended. Line a deep pie tin with pastry, and fill with the apples. Add the top sheet of pastry. Put the pie in a moderately hot oven (400°F.) for 10 minutes, lower the temperature to more moderate heat (375°F) and bake the pie for 20 - 25 minutes, or until the apples are tender and the crust is golden brown. If the pie seems too tart, sugar may be added when served.

### Tomato Rabbit

2 tablespoons butter or other fat  
 $\frac{1}{2}$  cup finely cut celery  
 $\frac{1}{2}$  green pepper, chopped  
 $\frac{1}{2}$  small onion, chopped  
2 tablespoons flour

1 pint canned tomatoes  
 $\frac{1}{2}$  pound cheese, shaved thin  
1 teaspoon salt  
2 eggs  
Tabasco sauce

Melt the fat in a heavy skillet, add the celery, green pepper, and onion, cook for a few minutes, and stir frequently. Sprinkle the flour over the cooked vegetables, pour in the tomatoes, and add the cheese and salt. Cook over low heat and stir until the mixture thickens and the cheese is melted. Pour some of this mixture into the well-beaten eggs, then pour all back into the skillet, and continue to cook over low heat until thickened and creamy. Add a few dashes of tabasco sauce and serve on crisp toast or crackers.

### Apple Chutney

3 quarts chopped apples  
3 lemons  
2 chili peppers  
1 quart brown sugar  
1 quart cider vinegar  
1 quart dates, stoned and chopped  
1 pint tarragon vinegar

2 pounds sultana raisins  
1 tablespoon ground ginger  
1 teaspoon paprika  
1 teaspoon salt  
1 onion chopped  
Garlic  
2 small cloves

Wash, pare, and core the apples. Chop them with the lemons, as the acid will help to keep the apples from turning dark. Remove the seeds from the chili peppers. Mix all the ingredients. Boil gently until the apples are soft and stir the mixture occasionally with a fork. Bottle the chutney while hot and seal.

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JULY 31, 1931 (FRIDAY)

## THE MARKET BASKET

by

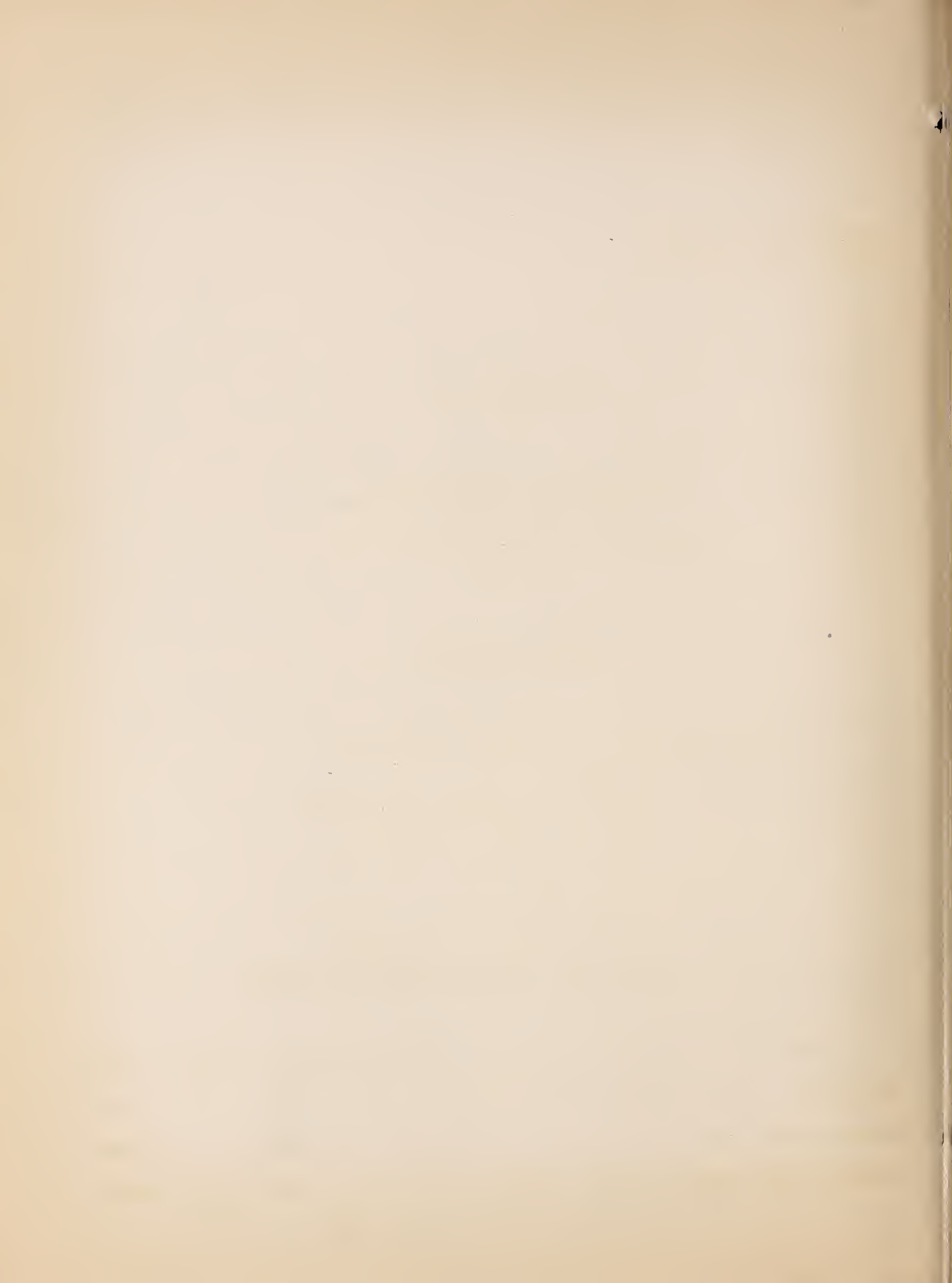
the Bureau of Home Economics,  
U. S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

# FAMILY FOOD GUIDE

Every meal--	Milk for children, bread for all.
Every day---	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week--	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children).
	Lean meat, fish, or poultry, or cheese.

\* \* \* \* \*

This week the Market Basket family travels to Hungary in search of low cost meals. To most persons the thought of Hungarian cookery immediately suggests goulash, which has extended its fame across boundaries and oceans thousands of miles from the humble campfire of the herdsman where it originated.





Though goulash is a simple shepherd's dish, it is as tasty as it is nourishing. Goulash is also the mainstay of the workers who gather in the vineyards each year to harvest the grapes.

The Hungarians are fond of well seasoned food and freely use onions, chives, chopped parsley and always paprika in cooking. They seldom fry vegetables, but serve them frequently with a sauce made from butter and flour mixed with a little of the vegetable water or, whenever they can afford to, with fresh or sour cream.

They eat the same meats as we do here in the United States. Beef is always the basis of the goulash although it usually contains pork and mutton as well.

The hogs in Hungary are carefully tended. A common ration is butter-milk and corn. Hams are frequently prepared by covering them an inch or so deep with bread dough and slowly baking them in an oven for four or five hours. This dish is one of their great delicacies. The dough becomes impregnated with the flavor of the ham, and also prevents the escape of any of the juices. But the ham must be baked very slowly or the dough will burn. Pork chops are also popular and Hungarians, especially the peasants, eat much bacon.

Lamb and mutton come in for their full share on the menus of the Hungarian household. Hungarians are partial to stews, cutlets, shoulder roasts and roast leg of lamb. But they always use a little garlic with lamb and mutton, and in roast of lamb bacon strips are drawn through the meat in much the same manner as a roast of beef is larded.

Goose is the Hungarian national bird as the turkey is ours, although they also have turkey as well as chicken. Even the poorest peasant family



has a flock of geese which it herds carefully. The Hungarians have a practice of stuffing the geese with noodles in order to fatten them, but not quite as extensively as the Strassburg geese are fattened to prepare their livers for pate de foie gras. Stuffing is literally the word in this case for they don't leave the matter of food to the appetite of the geese themselves, but catch them and hold their bills open and force the noodles down their throats.

Salted butter is alien to the Hungarian table and only the sweet variety is eaten. For cooking, lard or bacon fat is usually used and not butter, although they do have a way of cooking down the sweet butter and storing it in crocks to be used only for cooking. This is usually done in the summer when there is a surplus of butter and when it is quite cheap. Sour cream is used freely in sauces and in many dishes much as we would butter.

Not so many potatoes are eaten as in this country and in their place are noodles and dumplings prepared in many different ways. The noodles may be served with the soup or as a dessert. Sometimes they are combined with cottage cheese and butter and often with jam and butter as a dessert. For these two dishes, the noodles are brought piping hot to the table where the other ingredients are added. A preserve of cooked fresh prunes, an old and popular Hungarian standby, is frequently used for this noodle dessert.

The Hungarians, in company with many other continental peoples, are fully aware of the value of the many varieties of wild mushrooms. During the season they gather them for the winter's use and a string of dried mushrooms is as familiar a sight in their kitchens and shops as the garlic plait is to the Italian's. The Hungarian fondness for mushrooms is shown by the





fact that scarcely one meal is served during the fresh mushroom season without including them in some form or other.

Five meals a day is the usual Hungarian custom, beginning with a simple breakfast of coffee, rolls and butter.. At ten o'clock comes a mid-morning breakfast, with dinner at noon, coffee with a bun or cake at four o'clock in the afternoon and supper at the end of the day. Usually no beverage is served with supper, unless, perhaps, a light wine or beer.

Since it is undesirable and impractical to offer a five meal menu, the Bureau of Home Economics offers the usual American three meals. All of the meals are typical of Hungary, with the exception of the cooked cereal for breakfast, which is unknown in the land of the Magyars. Their cereals are barley, cornstarch and farina which are used in soups and for thickening purposes. The menu which follows might be termed an agriculture menu since all of the foods could be produced on the farm.

The dinner of liver dumplings, squash and pancakes might be found in any Hungarian home. Pork liver is used for the dumplings, not only because it is less expensive but because it or calves' liver would be used in Hungary and not beef liver. Sour cream would be preferred to the milk and lemon juice in the cooked squash but except for persons with a cow, it would add considerably to the cost of the dish here in America.

The Hungarian pancake roll calls for three egg yolks, one tablespoon of sugar, two cups of flour and enough milk to make a thin batter, with the stiffly beaten egg whites added last. This is a more expensive mixture than the bureau's regular griddle cake recipe which is substituted in the following group of recipes. (A recipe for goulash that has been tested and approved by the bureau, may be had by writing to the bureau. It is not given here since it is so well known.)



A FAMILY OF TWO ADULTS  
should buy every week:

Bread . . . . .	9 - 12 pounds
Flour . . . . .	1½ - 2 pounds
Cereal . . . . .	2 - 3 pounds
Whole fresh milk . . . . .	4 - 10 quarts
or	
Canned unsweetened milk . . . . .	4 - 10 tall cans
Potatoes . . . . .	7 - 11 pounds
Dried beans, peas, peanut butter . . . . .	½ - 1½ pounds
Tomatoes, fresh or canned, or citrus fruits . . . . .	3 - 4 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	9 - 14 pounds
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	1½ pounds
Sugar and molasses . . . . .	2 - 3 pounds
Lean meat, fish, cheese, eggs . . . . .	2½ - 4 pounds
Eggs . . . . .	2 - 6 eggs
Coffee . . . . .	½ pound
Tea . . . . .	1/8 pound

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MENU FOR ONE DAY

Breakfast

Cooked cereal with milk  
Coffee

Dinner

Liver Dumplings  
Squash  
Pancake roll      Tea

Supper

Pea Soup  
Fresh corn on cob  
Watermelon or other fresh fruit

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(These recipes serve 5 persons)

Liver Dumplings

1 lb. liver	1/4 teaspoon pepper
2 tablespoons chopped parsley	2 teaspoons lard or bacon drippings
2 tablespoons chopped onion	1 cup farina
1 teaspoon salt	1 can beef consomme

Remove the membrane from the liver and put the liver through a meat grinder twice. Add the finely chopped parsley and onion to the liver. Then add the salt, pepper, fat and farina. Shape into small balls about  $1\frac{1}{2}$  inches in diameter and drop into the boiling consomme, to which 1 can of water has previously been added. Simmer slowly for 5 minutes and serve piping hot. The broth should be saved and used as soup stock.

Cooked Squash

2 quarts pared and sliced squash	1-1/2 teaspoons salt
1/4 cup water	1 tablespoon flour
2 tablespoons butter	2 teaspoons lemon juice
1 teaspoon paprika	1/4 cup milk

Cut the squash into uniform slices about 1/4 inch thick. Add the water, butter, paprika and salt, cover and cook until the squash is tender. Remove the cover and cook until the liquid is almost gone. Sprinkle the flour over the squash. Stir and cook for a few minutes. Add the lemon juice and milk. Stir well and cook up once and then serve.

Pea Soup made with Pods

2 quarts fresh green pea pods ( 2 lbs peas should suffice)  
2 quarts water  
4 large carrots, cut in long slices  
2 large onions sliced  
2 teaspoons salt  
1/8 teaspoon white pepper  
2 tablespoons butter  
3 tablespoons flour

Wash the pods thoroughly. Add the water, carrots, onions, salt and pepper. Cover and simmer about 1 hour. Remove the carrots, drain the stock and discard the pods and onions. Melt the butter and cook until golden brown. Add the flour, mix well and to this add a small quantity of the hot liquid. Stir until well blended and then return this mixture to the soup stock and cook for a few minutes.

Dumplings

1/3 cup milk & water (half and half)	1/2 teaspoon salt
1/2 cup sifted flour	2 tablespoons melted butter

Add the milk to the flour and salt, stir in the butter and beat until well mixed. Drop the batter quickly into the gently boiling soup by one-half teaspoonfuls. When the dumplings come to the top, serve the soup at once.

The carrots may be served at another meal or cut in small pieces and put back in the soup.

